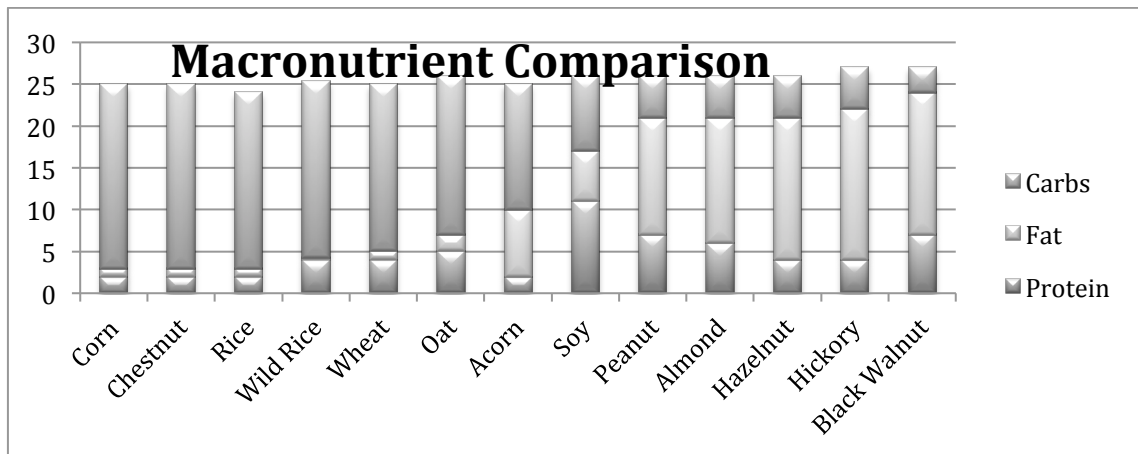


Acorn Processing

protein	8% 'complete' protein, well balanced amino profile
calories	5-40% fat, MUFAs similar to olive , 45-80% carbs
Vitamins/minerals	Manganese, copper
History	Staple across northern hemisphere
Harvest	Find most abundant, largest, most oil rich acorns. Dry quickly. <i>Red Oak</i> : pointed lobes like red fire. More oil, better for storage <i>White Oak</i> : rounded lobes like white clouds. Sprout and spoil fast
Storage	Store fully dried in the shell.
Processing	Crack, de-shell, re-hydrate, grind, leach, use wet or dry into flour. <i>Hot leach</i> : boil in changes of water <i>Decant</i> : Soak meal in 2x volume of water, pour off and refill <i>Percolation</i> : Drip water through meal in cloth
Culinary use	Use in any gluten-free/paleo recipes
Maintenance	Clear the understory, destroy buggy acorns, thin the canopy



Acorn pancake/waffle recipe:

1.5 cups white oak acorn flour
 ½ cup milk or milk alternative (adjust the amount of liquid to make a smooth batter)
 2 eggs
 2 Tbs butter or oil
 ½ tsp. baking soda
 pinch of salt

Mix all ingredients together cook in a pan or waffle maker.

<https://www.gloriousforestfarm.com/blogs/news/acorn-processing-q-a>